



California State Park Lifeguard  
**THIS SUMMER BE A CALIFORNIA  
STATE PARK SEASONAL LIFEGUARD I**  
**STARTING PAY \$14.00 PER HOUR**



*Reprinted courtesy of the Monterey Herald*



**BEGIN A REWARDING & CHALLENGING  
CAREER!**

Work as a seasonal lifeguard for the California State Park System at a State Park beach, lake, or reservoir.

**BE TRAINED IN:**

- First Aid & CPR
- Open Water Lifesaving Techniques
- Aquatic Rescue Procedures

**REQUIREMENTS:**

- Possession of a valid California drivers license with a good driving record at time of appointment.
- Physical strength and endurance.
- Willingness to work weekends and holidays.
- Visual acuity necessary to detect and rescue a struggling victim in the water.

In accordance with AB 1531, any person admitted to the interview and who is receiving State Public Assistance under the Aid to Families with Dependent Children Program shall be given priority consideration. Equal opportunity to all regardless of sex, race, ancestry, disability, age or sexual orientation.

**TO QUALIFY: Picture I.D. is REQUIRED on the day of the swim test. Minors must have a parent or guardian PRESENT on the day of the swim test for waiver signature.**

- 1.) You must pass a **COMPETITIVE** swimming test consisting of the following:
  - 1,000 yard open water swim. Time limit of 20 minutes.
  - A continuous 200 yard run, 400 yard swim, 200 yard run. Time limit of 10 minutes.
- 2.) Qualification appraisal interview.
- 3.) Successful completion of the California State Park Lifeguard Training Program.(8days)
- 4.) Successful completion of work location Field Training Program.

**OCEAN TESTING DATES AND LOCATIONS:**

Huntington State Beach	Saturday, March 4, 2006	9:00 am
Silverstrand State Beach	Saturday, March 11, 2006	9:00 am
San Buena Ventura State Beach	Sunday, March 12, 2006	9:00 am
Rio Del Mar State Beach	Saturday, March 18, 2006	9:00 am
San Clemente State Beach	Sunday, March 19, 2006	9:00 am
Point Mugu State Park	Saturday, March 25, 2006	9:00 am
Refugio State Beach	Sunday, March 26, 2006	9:00 am
South Carlsbad State Beach	Saturday, April 1, 2006	9:00 am
Monterey State Beach	Saturday, April 8, 2006	9:00 am

**LAKE TESTING DATES AND LOCATIONS:**

Perris Beach, Lake Perris SRA	Sunday, March 5, 2006	9:00 am
Millerton Lake State Recreation Area	Saturday, March 25, 2006	10:00 am
Perris Beach, Lake Perris SRA	Saturday, April 22, 2006	9:00 am
Granite Bay, Lake Folsom SRA	Saturday, May 6, 2006	9:00 am

**FOR FURTHER INFORMATION PLEASE CALL:**

San Diego County, South	619-435-0126
San Diego County, North	760-438-2675
Orange County, South	949-366-8592
Orange County, North	714-536-1454
Los Angeles County, South	310-457-2585
Los Angeles County, North	805-488-7844
Ventura County	805-648-3321
Santa Barbara County	805-968-3834
Monterey County	831-649-2976
Santa Cruz County	831-427-4868
Russian River Area	707-865-2391

Southern California Lakes & Reservoirs

Northern/Central California Lakes & Reservoirs

Perris Lake:	951-940-5645
Silverwood Lake:	760-389-2281
Folsom Lake:	916-988-0205
Millerton Lake:	559-822-2332
San Luis Reservoir:	209-826-1197

**Want to Learn More?**

**Visit our website and watch our State Lifeguard Training video!**

Go to: [www.parks.ca.gov](http://www.parks.ca.gov)

Click on: *Aquatic Safety in California State Parks*

For more information, contact:  
**[AquaticSafety@parks.ca.gov](mailto:AquaticSafety@parks.ca.gov)**

**Ocean Lifeguard Training Dates 2006 @ Huntington State Beach**

Weekends May 13-14, 20-21, 27-28, June 3-4  
Saturday, June 10 through Saturday, June 17  
Tuesday, June 20 through Tuesday, June 27

**Lake Lifeguard Training Dates 2006 @ Lake Perris**

Monday, June 19 through Monday, June 26